



## Meditation and *Dhyana*

In common Western usage and in dictionaries, meditation comes from the Latin word *meditatio*, which is linked to thinking and contemplating. It focuses on the mind: observing thoughts, reflecting on experiences, and engaging in deliberate reflection.

*Dhyana*, as described in ancient Indian scriptures, is more than a mental exercise. The word divides into *dhi + yana*: *dhi* is divine wisdom, and *yana* is the vehicle that carries us toward it. Where ordinary meditation takes us from thinking to feeling, *Dhyana* helps us become that divine wisdom. In Heartfulness, with the support of *Pranahuti* or yogic Transmission, consciousness is lifted beyond the thinking mind, intellect, and ego into contact with our highest inner essence. The purpose is inner transformation, as the heart awakens to a stable, living connection with the Divine Source.

## How to Practice *Dhyana*, the Heartfulness Way

- Sit comfortably in a place where you can meditate without noise or distractions.
- Gently close your eyes and relax. Take a couple of minutes to relax your body using the Heartfulness relaxation. Turn your attention inwards and take a moment to observe yourself.
- Then, gently make a supposition that there is Source of Light in your heart. Think that the light is attracting you from within. Do this in a gentle and natural way. There is no need to concentrate.
- If you find your awareness drifting to other thoughts, gently come back to the idea of light in your heart.
- Let your awareness rest in your heart. Feel yourself melting into this awareness.
- You might relax into a deeper state beyond awareness. That is okay. Stay in meditation until you feel it is completed.



### *Dhyana* Masterclasses

Learn to manage your life and emotions the Heartfulness way through a free online series of three *Dhyana* masterclasses with Daaji. Each engmasterclass focuses on a key element of Heartfulness practice.